Performing CPR
1. Place victim on the back on a firm, flat surface.
2. Kneel so that you are 90 degrees to victim’s upper body, with your knees shoulder width apart.
3. Place your hands, one atop the other, on victim’s sternum (centre of chest). Compress chest 1/3 depth, at a rate of approx. 100 - 120 compressions per minute.
4. After 30 compressions open victim’s mouth and tilt head back to open airway.
5. Use face shield/pocket mask and blow in victim’s mouth. Look if chest rises. Stop and repeat for 2nd breath.
6. Continue cycle of 30 compressions to two breaths (30:2)
7. Call for a defibrillator.
8. If unable to perform rescue breaths, perform continuous chest compression CPR only, until help arrives.
9. Continue performing CPR until help arrives, victim shows signs of response, AED says so, you cannot continue due to exhaustion, or, there is danger.
10. Leave AED pads on victim until medical aid arrives.
11. Monitor victim and document incident

Remember!
1. The chances of survival decrease by about 10% for each minute that passes without defibrillation.
2. An AED can be used by an untrained person. Each AED is equipped with step-by-step instructions.

DISCLAIMER: The information in this poster is not a substitute for proper first aid training.